

# MAKING PEACE WITH FOOD & BODY



## “MAKING PEACE WITH FOOD & BODY”

**Fall Semester 2008**

**Wednesdays  
3:00— 4:30 PM**

**Stephanie Chervinko, Ph.D.**

**Beginning date: TBA**

**Provided as a free service  
to regularly enrolled  
students at CSU, Chico**

**For more information on this and  
other groups being offered during  
the Fall 2008 semester, come by  
our office and make an  
appointment for a group interview  
with the group leaders.**

**Student Services Center  
Room 430**

**530-898-6345**

**Visit our website  
[www.csuchico.edu/counseling/](http://www.csuchico.edu/counseling/)**

### PURPOSE:

THIS GROUP IS DESIGNED FOR PEOPLE WHO STRUGGLE WITH ISSUES RELATED TO FOOD, WEIGHT OR BODY IMAGE.

### GOALS:

- ✚ MAKING FRIENDS WITH YOURSELF, YOUR BODY
- ✚ REDUCE OBSESSIVE PREOCCUPATION WITH FOOD
- ✚ ACCEPT SUPPORT FROM OTHERS TO CREATE THE CHANGE YOU WANT FOR YOURSELF

**FIND PEACE...  
BEGIN HEALING...EMBRACE LIFE**

Please come in and  
sign up today! Space  
availability is limited.

**Psychological Counseling and Wellness Center**  
CALIFORNIA STATE UNIVERSITY, CHICO

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